

VALIDATION SIGNATURE PAGE

**Validation signatures must be someone in leadership role or in attendance at the activity/event to verify your involvement in the stated hours on the Supporting Documentation Log*

Activity / Event Name: MSW HEALTH CARE Date: 9/30/22

Validation Signature: _____ Date: 9/30/22

Activity / Event Name: CPAD CERTIFICATION Date: 9/30/22

Validation Signature: [Signature] Date: 9/30/22

Activity / Event Name: CAPA CERTIFICATION Date: 9/30/22

Validation Signature: _____ Date: 9/30/22

Activity / Event Name: CHARGE NURSE ROLE Date: 9/30/22

Validation Signature: [Signature] Date: 9/30/22

Activity / Event Name: ARTICLE FOR NEWSLETTER Date: 9/30/22

Validation Signature: [Signature] Date: 9/30/22

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****Each activity from log on pg. 1 should have a corresponding signature for validation***



Augusta Health Registered Nurse Professional Development Program

Roadmap Supporting Documentation Template

****One Category per Sheet****

- ☐ Transformational Leadership
- ☐ Structural Empowerment
- ☐ **Exemplary Professional Practice**
- ☐ New Knowledge, Innovation, & Improvements

Description/Details of Activity:

- Health care related Masters
- National nursing certification—CPAN
- National nursing certification—CAPA
- Charge Nurse Role
- Article for Augusta Heartbeat Newsleader

Dates of Meetings/Involvement:

- December 2019-present (MSN)
- October 2021-present (CPAN)
- October 2021-present (CAPA)
- October 2021-present (charge nurse role in PAT)
- Spring 2022 (article)

Clinician Signature: Charlotte Maude Date 9/30/22

Supporting Signature: see validation sheet Date 9/30/22

(Must be someone in leadership role or in attendance at the activity/event to verify your involvement)



Augusta Health Registered Nurse Professional Development Program

Supporting Documentation Log

****One Category per Sheet****

Exemplary Professio

Date	Time (Total Hours)	Activity or Event Name	Name of student / new team member	Activity description / Topics discussed	Validation Signature* (see pg. 2)
2019- present		Health Care Related Masters			
10/2021- present		National Nursing Certification—CPAN		Specialty certification for PACU perianesthesia nurses	
10/2021- present		National Nursing Certification—CAPA		Specialty certification for ambulatory perianesthesia nurses	
10/2021- present		Charge Nurse Role		Charge role for Preadmission testing nursing staff making patient phone calls	
Spring 2022		Article for Augusta Heartbeat Newsleader		Reducing Stress Through Mindfulness	

Clinician Name: Charlotte Maiden RN Date: 9/30/22
 Clinician Signature: Charlotte Maiden Date: 9/30/22

Camping For You

The Shenandoah Valley in winter. GETTY IMAGES

START YOUR NEW YEAR WITH A NEW WELLNESS RESOLUTION

Early Cancer Detection Screening Guide

Screening	Age to Start	Frequency	Age to End
Mammogram	40	<ul style="list-style-type: none"> • Annual • (55+ every 2 years) • Self-exam monthly 	
Colorectal	45		75 (76-85 talk to your doctor)
Cervical Cancer	25	Primary HPV test every 5 years	65 unless there is a history of cervical cancer
Lung*	50		80
Prostate*	50		

*Discuss with your doctor to find out if lung screenings are necessary if you have a history of heavy smoking or quit within 15 years.

*Talk to your doctor to see if prostate exams are necessary for you.

**Carolynn Nesselrodt
BSN, RN
Center for Cancer &
Blood Disorders**



The year of 2022 is already upon us, and after nearly two years of pandemic talk and stress, we are ready for better health, wellness, positivity and less

COVID discussions! With gradually increasing positivity rates, higher vaccine numbers, and a new year, that better time than now to shift the conversation to setting goals and resolutions of maintaining better health overall?

for cancer, or most health conditions for that matter, is prevention. So, let's discuss how you can set a new year's resolution for better health and wellness.

According to the National Institutes of Health (NIH), men and women ages 18-39 should see their primary care provider regularly—annually for a physical or sooner for concerns or questions. This gives your doctor the opportunity to check your blood pressure, your blood work, provide

Many screenings begin around age 40 per recommendation from the American Cancer Society (ACS).

• Women should begin receiving annual breast cancer screenings through mammogram detection around age 40 (Don't forget your monthly self-breast exams; they're so important ladies!).

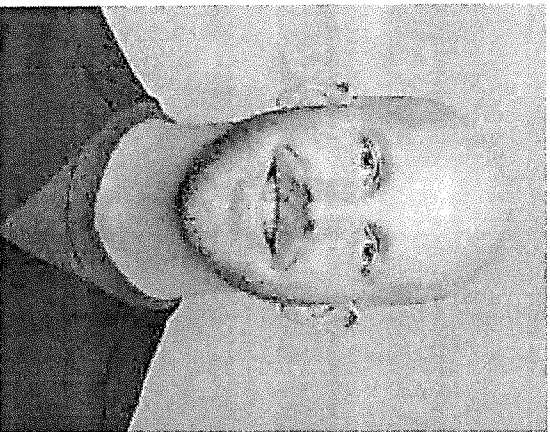
• Everyone's "favorite" screening, the colonoscopy, should typically begin at age 45 and continue until 75. Colonoscopies are nerve provoking, but early

• Prostate cancer screenings typically start at age 50.

All these screening tests, and more, can start at different ages based upon different risk factors for every individual, which is why it is so important to have regular checkups and open discussions with your doctor.

The NIH and ACS both have very informative websites that go into further detail about what various screenings in tale and what risk factors may

AVOID THE CIRCADIAN KILLERS



Ivan Napotnik
RN, BSN
Cardiovascular Services

We have all heard how important good sleep is for both our physical and mental health — but how many of us have surrendered to poor sleep and even label ourselves as “poor sleepers”?

Sleep is too important for us to accept anything less than what our bodies need; our health literally depends on it. The Sleep Foundation

ed by uncontrollable factors like sleep disorders, many times the root cause is our own behavior, external factors that we can control.

Now, before we talk about the quality of our sleep, we’ve got to discuss the quantity. Time devoted to sleep must be a priority if you want to improve your sleeping habits. The CDC reports that a third of adults in the US do not spend enough time sleeping. The American Academy of Sleep Medicine



circadian rhythm can be inconsistent sleep schedules and eating or drinking late at night. These disruptors are things we can control. Maintaining a consistent bedtime routine which involves going to sleep and waking up around the same time, every day, even on the weekends, is best for our circadian rhythm. That means we need to limit the time in front of our electronic screens and go to sleep. These screens have also been shown to stimulate our minds and make it more

fall asleep. The American Sleep Association states that eating foods high in sugar before bed causes large fluctuations in our blood sugar which affects our sleep and foods high in fat take longer to digest which impacts the quality of our sleep as well. Instead, avoid eating or drinking anything 1-2 hours before bed for the best quality sleep.

Sources for additional information:
• The Sleep Foundation, sleepfounda-

REDUCING STRESS THROUGH MINDFULNESS



It's OK to
just relax
and exist

**Charlotte D. Maiden
MSN, RN, CPAN, CAPA
Outpatient Surgery/
Post-Anesthesia Care Unit/
Pre-Admission Testing**

As a result of the COVID pandemic, we all have had to adjust our way of life.

hausted and overworked while trying to divide time between family and work, but even in the face of fear and anxiety, their resilience has shown a strong sense of immunity.

The practice of mindfulness is a method of stress relief that supports healthcare providers, patients, caregivers, and the general public. In an article from The Psych Professionals (2019), mindfulness is defined as “moment to moment awareness...being here for the moments of our lives”. This means we should live in the ‘now’ and allow negative thoughts to leave our minds as quickly as they came in.

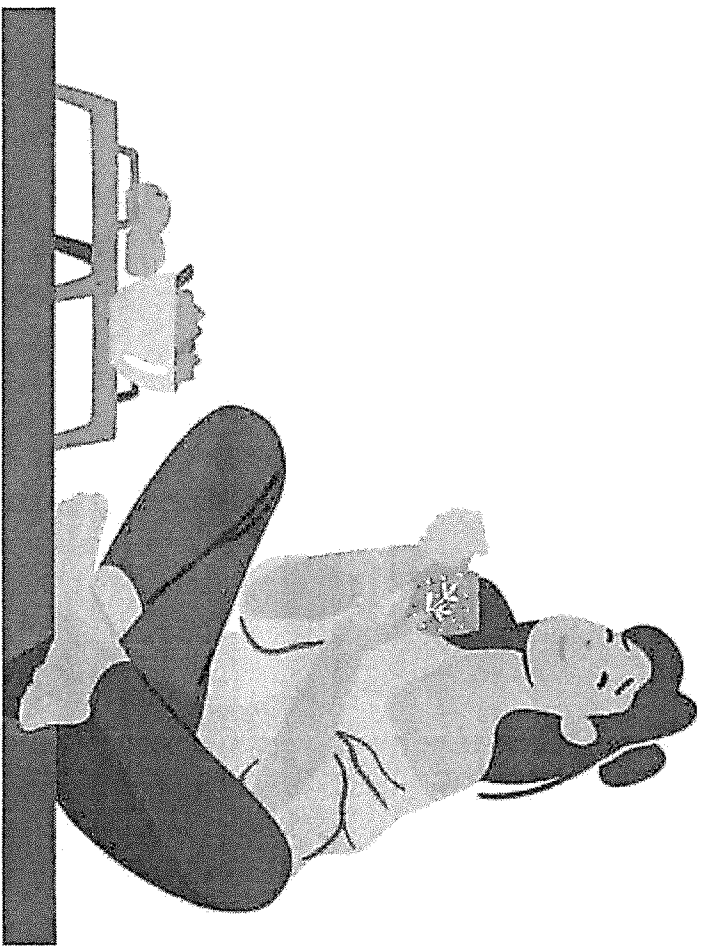
plans, solving problems, or negative thinking increases stress, anxiety and depression. By utilizing mindfulness practices, your attention is focused on engaging with the world around you and away from negative thinking.

Simple ways to practice mindfulness:

- Pay attention—Take the time to experience life with your sense of touch, sound, sight, smell, and taste. When

- Stop and take a breath—When negative thoughts come into your mind, close your eyes and take a deep breath. Have your focus be on your breathing as air moves in and out of your body—even just one minute can help.

COVID has shown us that change is the only constant. Mindfulness can offer a way to live with this constant change and realize that you do not



DOES DIET REALLY AFFECT YOUR HEALTH?



Susanna W. Carter
RN, BSN, PCCNN
Progressive Care Unit

The old expression “you are what you eat” may not be too far from the truth. The nutritional value of what goes into our bodies really does affect our overall health.

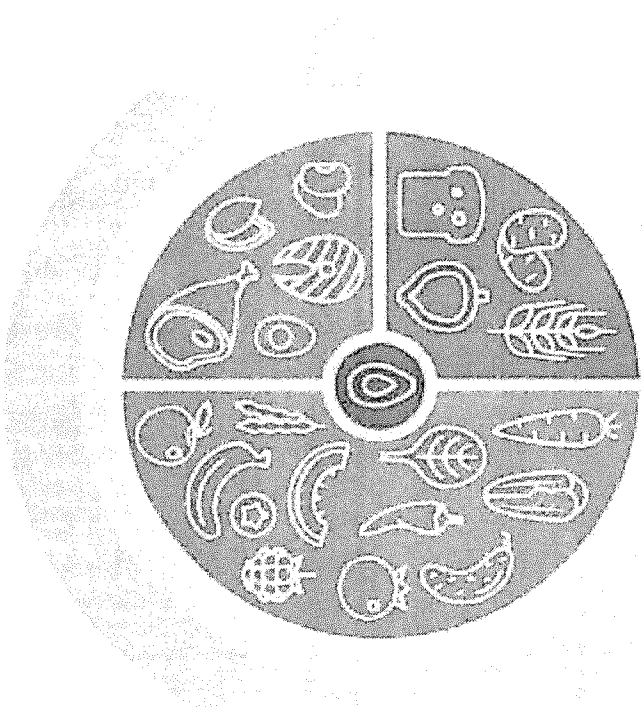
According to the World Health Organization “Good health is essential for nutritional well-being as good nutrition is crucial for maintaining good health”. Just as a healthy diet helps protect us from non-communicable diseases such as diabetes, heart dis-

calories we consume and the non-nutritional value. We all require food for energy, but often that energy (calories) exceeds what we actually need. We all have those days when we need that afternoon burst of energy. We pick up a sugary snack and feel great until our body realizes the imbalance of energy only to leave us craving more.

The key to a well-balanced diet is not to consume too much of a certain thing such as salt, sugar, and fats. We get bombarded with the latest food fad or trendy ingredient and lose sight of the balance. We can all work toward

diet, it helps to alleviate non-nutritional foods also known as “empty calories” without leaving us feeling deprived.

Forming any habit takes time is best achieved by planning meals and snacks as well as having them readily available. A well-balanced diet consists of reducing saturated fats to 10% of calories, trans fat to 1%, salt to less than 5 grams, sugar to less than 10%, and total fat to less than 30%. This may all sound complicated due to the time it takes to calculate the balance



sugar and salt. Good eating habits can begin by purchasing fresh fruits, vegetables, lean cuts of meat, adding fish and legumes into your diet. Trading white breads for whole grain, skin milk, using olive oil instead of cooking oil, baking instead of frying, and limiting alcohol are all ways to begin.

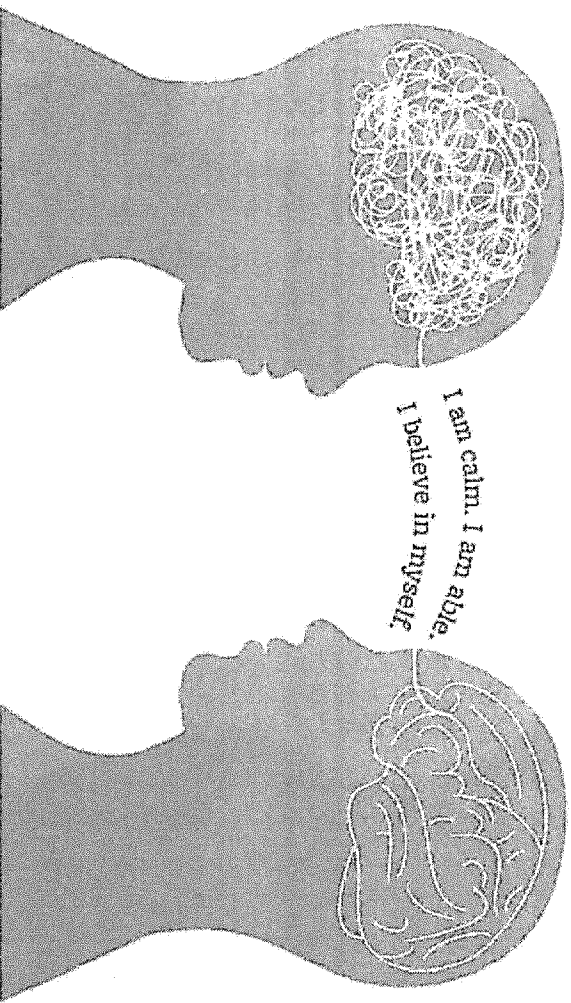
The Harvard Nutrition Source suggests making most of your meal vegetable and fruits – ½ of your plate. Go for whole grains such as oats, brown rice, barley and wheat - ¼ of your plate. Protein such as fish, poultry, beans, nuts, lean meats, and eggs.

PATHWAYS OF POWER!

The power of positive thinking: rewiring negative mental patterns for success



Amanda Wilson
BSN, RN
Director of Professional
Practice & Education for
Nursing



Without a doubt, the COVID-19 pandemic has made a mark on the mental well-being of individuals across the world. For healthcare providers and our community – we have seen, grieved, and experienced a tremendous amount of stress since March of 2020. Who could have ever imagined, at the art of this, that we would still be fighting this battle two years later? Could we have even handled know-

our community and to each other. Burnout and mental wellbeing are not new topics in healthcare. This epidemic in our profession was growing well before the COVID-19 pandemic hit. Yet, as healthcare providers, we have had to face the ultimate challenge of applying this knowledge and research about burnout and mental resilience strategies into our personal and professional practices.

One evidenced-based strategy we piloted with our Augusta Health nursing team during the pandemic was the *implementation of a minimum called*

You may have heard it takes approximately 3 weeks, or 21 days, to change a habit – *but do you know how long it takes to rewire a negative thought pattern?* Unlike a new habit, it actually takes **60 days** of consistent practice to adjust negative thinking patterns. Not just 60 days ... 60 days of **consistent practice!** While it may be easy to know what to do, it's not easy to always practice and adopt these techniques into a daily habit. Our thought patterns are automatic and may appear to lie inactive, often times we do not understand the powerful message *showing in the background of our*

progressive and depressive symptoms that can result. As we look ahead to a fresh year in 2022, try adopting a simple phrase to help rebuild, or rewire, your patterns of thinking! It can be something quick like *I am calm. I am able. I believe in myself. These feelings are temporary.* Practice telling yourself this phrase (out loud) ten times in the morning and ten times in the evening – then commit to practicing this for the first 60 days in 2022. With *consistent* practice, you will find yourself transitioning to a new level of awareness between your thoughts, feelings,

A HEALTHIER LIFE STARTS WITH TAKING CARE OF YOURSELF FIRST



Hannah Snow
RN
Obstetrics



Self-care starts with the conscious decision to devote time and energy to your wellness.

are essential to a person's well-being and life satisfaction.

them. This could be journaling, reading your favorite book, crafting, and playing or listening to music. Others

• Social health is also essential. One of the most important ways you can care for yourself socially is setting healthy

boundaries with others. Form a good support system. This may consist of

There are many ways you can care for yourself.

may enjoy spending time outdoors, going on a short walk around your

boundaries with others. Form a good support system. This may consist of

modifications to your lifestyle

for yourself.

block or adventuring a bit further to

friends, family, neighbors, a faith-

alleviate stress and promote

• Fitness and a well-balanced diet are

find a new hiking trail, casting your

based community, or coworkers. Nur-

tion defines health as "a state of

important to physical health.

line into a nearby river while you wait

ture these relationships with kindness

complete physical, mental, and so-

important to physical health.

for a fish to bite, or simply soaking up

ture these relationships with kindness

I was there when you were scared.

I was there to hold your hand.

I was there to ease your pain.

I was there when you fell asleep.

I was there when you woke up.

I am here.

Jefferson
ICU Nurse
Here since 2018

There's health care, and there's Augusta Health care. Join a family of nursing professionals like Jefferson in delivering expert and compassionate healing. Sign-on bonuses. A relocation allowance. A community that cares for you as



Learning Plans

CAPA

[1411468940 / Active]

Learning Plan

⊖ **Recertification Application for CAPA (4/1/2020 to 4/30/2023)**

Status

Completing Application

[Continue \(/Learner/LearningPlan/View/52543\)](#)

This application is to renew your CAPA Credential.

⊖ **Recertification Application for CAPA (4/1/2017 to 4/30/2020)**

Approved (Locked)

[View \(/Learner/LearningPlan/View/22058\)](#)

This application is to renew your CAPA Credential.

CPAN

[0325671573 / Active]

Learning Plan

⊖ **Recertification Application for CPAN (10/1/2021 to 10/31/2024)**

Status

Completing Application

[Continue \(/Learner/LearningPlan/View/62551\)](#)

Select "Begin" to renew your CPAN Credential.